

# 2024 RULES UPDATE

## THROW-IN

Waiting for everyone to be on court for the throw-in? Not any more!  
If you're ready to take a throw-in, you don't have to wait for everyone to be on court!

## THE UPDATE

Just like any other sanction, the player taking the throw-in can play the ball as soon as they are in position without waiting, **even if not everyone is on the court!**

## REMEMBER

CHECK OUT THE RESOURCE HUB



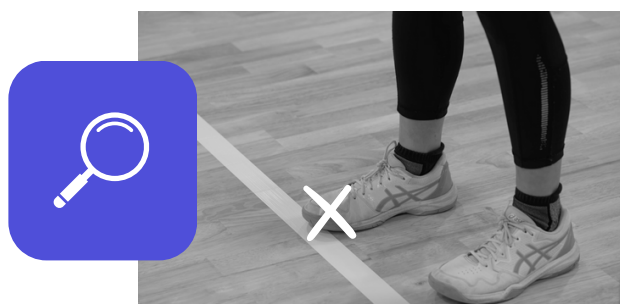
[EXPLAINER VIDEO](#)



[RULES OF NETBALL APP](#)



[NETFIT NZ APP](#)



You can't have your toe on the line when taking a throw-in.



You must be within 15cm (6 in) of the line when taking a throw-in.

## WHY HAS THIS CHANGED?

The previous rule was very difficult for the umpires to apply because players may move off court to reposition.

Also, we want to speed up the game and ensure momentum isn't lost!



**THROW-IN (goal line)  
HAND SIGNAL**